

Northern Marianas College
CURRICULUM ACTION REQUEST

Effective Semester / Session: Spring 2012

Type of Action:

New
 Modification
 Cancellation

Course Alpha and Number: PE 226

Course Title: Intermediate Volleyball

Reason for initiating, revising, or canceling:

This course guide is being modified to update the course guide in general so to meet the required 3 year update.

Lisa A. Lunde



12/12/2011

Proposer

Date

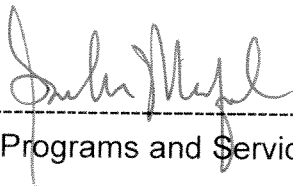

Dr. Alfredo De Torres

12/12/2011

Department Chair

Date

Barbara Merfalen



12-12-11

Dean of Academic Programs and Services

Date

Northern Marianas College

Course Guide

Course: PE 226 Intermediate Volleyball

1. Department

Science, Mathematics, Health, and Athletics

2. Purpose

PE 226 provides a course for students to learn the proper skills, strategies, court etiquette, gamesmanship and score keeping of intermediate volleyball. Emphasis will be placed on intermediate and advanced skill mechanics and development

3. Description

A. Required/Recommended Textbook(s) and Related Materials
None

B. Contact Hours

1. **Lecture:** 30 hours/semester (fitness)
2. **Lab:**
3. **Other:**

C. Credits

1. **Number:** 1
2. **Type:** Regular Degree Credits

D. Catalogue Course Description

This course is designed to give Intermediate Volleyball students the opportunity to improve their volleyball skills. Rules, strategies and skill practice in passing, setting, hitting, serving and blocking are included. The student is introduced to basic offensive and defensive systems of play. The class participates in 6 on 6 and 4 on 4 tournaments. English Placement Level: EN 073/074 (Offered Spring)

E. Degree or Certificate Requirements Met by Course

A passing grade in this class will fulfill the Physical Education requirement under the general education requirements for a Liberal Arts degree.

F. Course Activities and Design

Classroom activities will include lectures and video taped programs on volleyball skills, fundamentals and strategies and health related subjects, such as cardiovascular health, nutrition, stretching, proper warm-up and cool-down. Practical Application will include the teaching

Northern Marianas College Course Guide

Course: PE 226 Intermediate Volleyball

of various volleyball skills and students practicing these skills in different drills, lead-up games and court type situations. Emphasis will be on improving and building onto their basic skills.

4. Course Prerequisite(s); Concurrent Course Enrollment; Required English/Mathematics Placement Level(s)

Prerequisites: PE 126 or permission from the instructor

English Placement Level: 073/074

Mathematics Placement Level: None

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 1 credit course and the student flat fee.

Cost to the College: **Instructor's salary (2 credits), cost of volleyballs and nets.

**1 credit for student, however 2 credits for instructor as instructor is physically "teaching" 2 hours per week (30 hours per semester) in addition to the other responsibilities that go along with teaching a course (office hours, preparation, etc.) and per teaching load it is 1 credit for every 15 hours taught.

Instructional resources needed for this course include: White board and white board markers, TV and VCR, videotaped programs, volleyballs and volleyball nets.

6. Method of Evaluation

Students' grades will be based on the regular letter grade system as described below:

- A: Excellent – grade points: 4.0;
- B: Above average – grade points: 3.0;
- C: Average – grade points: 2.0;
- D: Below average – grade points: 1.0;
- F. Failure – grade points: 0.0.

NMC's grading and attendance policies will be followed.

Northern Marianas College Course Guide

Course: PE 226 Intermediate Volleyball

7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Class Orientation
 - 1.1 Equipment care and set-up
 - 1.2 Skills testing
 - 1.3 Proper warm-up and cool-down
- 2.0 Review of Volleyball Rules and Terminology
- 3.0 Skill/Technique Analysis and Drills (covering one individual technique per session)
 - 3.1 Fundamental posture
 - 3.2 Serving: topspin and floater
 - 3.3 Forearm pass
 - 3.4 Overhand pass
 - 3.5 Attack
 - 3.6 Block
 - 3.7 Individual defense (dive and roll)
 - 3.8 Serve/receive
- 4.0 Team Play and Court Position
 - 4.1 Rotation
 - 4.2 Team serve/receive
 - 4.2.1 'W' serve/receive pattern
 - 4.2.2 Other serve/receive options and tactics
 - 4.3 4-2 offense
 - 4.4 Centerback deep defense
 - 4.5 Multiple attack plays
 - 4.6 6-2 offense
 - 4.7 5-1 offense
 - 4.8 Centerback back-up defense
 - 4.9 Two-man block
 - 4.10 Three-man block

Northern Marianas College Course Guide

Course: PE 226 Intermediate Volleyball

8. Instructional Goals

This course will introduce students to:

- 1.0 Key points and common errors of the pass, set, attack, block, and defensive maneuvers;
- 2.0 Advanced techniques of passing, setting and attack blocking, and defensive maneuvers executed with speed and proficiency;
- 3.0 Cardiovascular fitness through participation;
- 4.0 The major offensive systems of play (4-2, 6-2, 5-1);
- 5.0 The major defensive systems of play;
- 6.0 The topspin and floater serves performed with correct technique and proficiency;
- 7.0 3 multiple-attack plays using international volleyball language;
- 8.0 The considerations of the serve/receive patterns, the offensive systems and defensive systems of play; and
- 9.0 Evaluating an opponent's strengths and weaknesses and devising counter strategies.

Northern Marianas College Course Guide

Course: PE 226 Intermediate Volleyball

9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Identify the key points and common errors of the pass, set, attack, block, and defensive maneuvers;
- 2.0 Describe and demonstrate advanced techniques of passing, setting and attack blocking, and defensive maneuvers with speed and proficiency;
- 3.0 Acquire and/or improve cardiovascular fitness through participation;
- 4.0 Differentiate and compare the major offensive systems of play (4-2, 6-2, 5-1);
- 5.0 Compare and contrast the major defensive systems of play;
- 6.0 Demonstrate the topspin and floater serves with correct technique and proficiency;
- 7.0 Diagram 3 multiple-attack plays using international volleyball language;
- 8.0 Analyze the considerations of the serve/receive patterns and the offensive systems and defensive systems of play; and
- 9.0 Identify an opponent's strengths and weaknesses and devise counter strategies.

10. Assessment Measures

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Various Individual Skills Tests (spiking, setting, serving etc.);
- 2.0 Pre and post testing of Cardiovascular Fitness;
- 3.0 Participation; and
- 4.0 Quizzes and Exams